

13 INSPIRING JOURNEYS

TO HELP

**& MOTIVATE
JUMPSTART**

YOUR FITNESS PROGRAM



*Short Stories About
Living Well and Feeling Young*

THE FITNESS COMPANY

INTRODUCTION

Every week we see hundreds of people come through our doors all sharing a small handful of themes

...everything feels so complicated...

...they don't know where to start...

...there are too many choices...

...they're confused by the thousands of diet books and fads...

...there always seems to be a new gym opening up claiming to be the answer.

This sense of “overwhelm” is incredibly common.

Often times, we discover that a big part of what they want is simply to have their unique situation understood. People want to be heard.

We've found that by simply taking the time to understand where our clients have been, the things they've tried in the past, what they really want and what really matters to them provides clarity to everyone involved.

We also understand this...

While people are incredibly unique, they are all on a similar journey.

They're unhappy about where they are and how they feel about themselves day in and day out.

They need guidance they can believe in...

You can hear the frustration in their voices and see the hint of desperation on their faces...

When we sit down with them and explain how we do things, and exactly how we can help, you can feel their stress levels drop.

Our clients realize they have been heard...in many cases for the first time.

Our role as “guides” on this journey is one we take pride in, and one we take very seriously.

It's hard to explain how truly rewarding it is to see powerful transformations take place before our eyes.

When we started out, we had our own vision of what we wanted to be and accomplish.

We knew we had to have clarity before we could provide this to anyone else.

With that in mind we put this vision into words along with the values that would guide our growth.

I realize that for many companies, writing down a "company vision" and "values" list is a one-time exercise.

They write down lofty words, maybe put a plaque up in the lobby for guests to see...and then they promptly forget about them, and go about their business as usual.

But The Fitness Company is the definition of a service industry company. We help people to become "the best version of themselves"...

This means the words below HAVE to mean something...if they didn't, everyone would know it.

You would know it.

And we would cease to exist.

With that thought in mind, here is exactly what we stand for and what you can expect from us:

VISION:

To be the leading gym KNOWN in Columbia for corrective exercise for every lifestyle...
We will create this through our authenticity, transparency, and fun.

VALUES:

Our gym is built upon transparency and integrity.
Client oriented.
Doing fewer things better.
Being a relationship driven gym.

Putting those words down on paper makes this somewhat believable, but we knew that you would want more.

We realized that hearing stories of meaningful change directly from our clients...hearing their stories...would be far more powerful than anything I could produce.

With that in mind, our team came up with a series of questions for our members.

The result is a collection of moving stories.

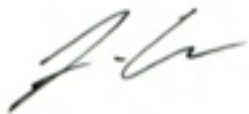
As I said, we understand where our clients come from and what they have been through.

And we wanted to give a voice to that here.

You will be motivated by some and even see yourself in others. Either way, we hope you'll give us the honor of helping you to complete your own journey.

Think of this as "Chicken Soup For The Soul - Gym Edition"

Enjoy!



JEFF CARR

Owner of The Fitness Company



THE 4 SIMPLE QUESTIONS WE ASKED

1

Tell us your fitness story, from your old self to your new self - your unique challenges/struggles, fitness journey, triumphs, goals you've accomplished.

2

Why did you come to The Fitness Company?

3

Where are you with your fitness journey today?

4

Why do you keep coming back?



DAWN 50 YRS OLD

I've been working out most of my life, from sports in high school to personal training in college, and running over a dozen half marathons in my later adult life.

Fitness has always been a priority.

When FitCo first opened, I was looking for a change.

I was tired of the same old gym and was looking for some motivation and for a trainer who was knowledgeable about weight training, training for specific sports and helping with different types of sports injuries (example: tight hips).

My "new self" is just trying to keep moving and stay strong, and continue to retain some sort of muscle tone.

The older I get, the harder it is and the easier it is to gain weight.

The goals to be accomplished change, as well...

Now, I've run several half marathons in the top 10% of my age bracket and made my coaches time on others. I've made my body fat percentage goal from back in the day, and I continue to have a healthy BMI.

My struggles coming into this stage in my life were weight gain and trying to maintain muscle tone and strength. No more.

I came to The Fitness Company looking for more individual attention and accountability. So few places provide either. I get both here, and that has made all the difference.

I continue to work out 5 days a week. Two to three of those workouts are at The Fitness Company. I've shifted my goals to an even higher level and am looking to get even leaner and to increase my muscle mass.

I'm making the changes now that will support the high quality of life I expect when I'm older!

As I mentioned, I like the accountability and the training.

The workouts are always different. I don't get bored, and the trainers push me to do my best. I've also made relationships with other clients who have the same fitness goals as I do, and enjoy their company at the gym and outside the gym.

The camaraderie is the best I've ever come across.



AMY 43 YRS OLD

My fitness story is one about balance...

I had to find balance among taking care of my family, working as a pharmacist, and fitting in regular workouts.

I really value my time and needed a facility that understood that.


I have a low tolerance for workouts that don't get me anywhere...

I have always prioritized staying fit. I've had memberships to a handful of different gyms in Columbia over the years, but I **discovered that I belong here—The Fitness Company.**

When I get out of bed at 5:30 am every Tuesday and Thursday, I look forward to the challenge of a hard workout, and the banter between the clients and trainers (I think that's what I enjoy most).

My trainer knows how to make me laugh as well as motivate me to complete a set of push-ups!

This is important to me, it keeps me committed.



CAROL 62 YRS OLD



I was raised during a time when women's athletics was just emerging, and so it wasn't something I participated in growing up, but after I turned 30 I began to realize how important it is to be in good shape.

I have finally realized that being functionally fit is my ultimate goal.

I want to be able to play with my future grandchildren just as I do with the grandchildren I have now.

I want to be able to work as hard alongside my husband in the future as I do now, and in order to do these things I must work at maintaining and building muscle strength.

A year ago I was having a lot of back and hip pain and it seemed very evident to me that it was because my core was not strong enough to provide stability.

I came to The Fitness Company because I saw an ad that touted **the benefits of functional fitness.**


This made perfect sense to me and fit my needs.

I feel like I am strong enough to do all the things I need to do on a daily basis. I am able to work outside helping my husband with heavy tasks all day long, and that's a great feeling!

I keep coming back because of one person---my trainer.

I need someone to hold me accountable and he does it in such a fun way. I have seen a great deal of growth under his training, and my workouts are always tailored to exactly what I need.

The environment at The Fitness Company is relaxed and supportive. That's exactly what I was looking for and I really appreciate that.





HOLLY 47 YRS OLD

I have always been active but never an “athlete.”

From a young age I loved to dance and took classes in jazz, modern, and ballet. In junior high and high school I would often have two to three hours of dance at least three nights per week.

As a family, we ate a healthy diet and I was never much of an overeater. **I never recall struggling with my weight or worrying about my fitness level until after college during my first year of medical school.**

I was no longer dancing and was sitting...a lot...every day.

Not only was I sitting in class, sitting in the library, sitting in study group, but I was stressed and sleep deprived.

I may have escaped the weight gain in college, but it found me in med school. Knowing that I needed exercise back in my life, I joined a local gym and made a commitment to exercise at least 4 days per week.

I also stopped ordering pizza and other fast foods in exchange for a limited diet of soups, sandwiches, salt crackers, carrots, and fruit. Healthy? Not really. Cheap and effective for weight loss? You bet; at least for a 22 year old.

I lost about 20 pounds over 6 months. Looking back on it now, I probably could have lost the weight faster if I had incorporated more weight training and protein into my workouts and diet.

I had never lifted weights before and had no idea what to do with weight machines or free weights.

Fast forward to my first pregnancy. All bets were off. If I saw it, I ate it.

I no longer went the gym because I wanted to save money, and was afraid of looking like a beached whale in my workout clothes.

Makes sense, right? Eat everything in sight AND stop working out.

Needless to say, I gained about 70 pounds with that pregnancy. Talk about being depressed. Every day was a vicious cycle between wanting to lose the weight and finding the motivation to do it in the midst of finishing medical school and caring for a baby.

It took me over a year to lose the weight with aerobics classes and restricting my diet. I struggled to control my weight with each subsequent pregnancy and always took about a year afterward to lose it.

After my fourth pregnancy I distinctly remember sitting on the couch late one night, eating chips (yep, that's right), and watching TV when an infomercial for a 90 day exercise/weight loss system came on the screen. It was so motivating and energizing that I actually called the "phone number on the screen" to order it.

I have never been so thankful for a weak moment. If it weren't for that late night with a bag of chips in front of the TV, I may not have found the workout DVDs that turned my fitness around. It was perfect because it included dance moves, I could do it at home, and it had great music!

I followed the plan faithfully and lost 30 pounds. I felt great! But my 90 day program was over and I was unsure how to proceed.

I found myself skipping workouts, eating junk food, and regaining weight. I joined a gym in order to attend aerobics classes and maybe learn something about weight lifting, but it was a bust. I never felt comfortable in the group of women who had obviously been attending those classes for years and were not eager to include me.

I dropped my membership and went back to taking walks and doing intermittent workout DVDs at home.

Enter The Fitness Company.

Several years later I was still in a rut and knew that I needed something new to motivate me. I knew my mother had joined a gym called Fitness Company, and I had heard other people mention it, but I wasn't sure it was for me.

Scrolling through Facebook, I found it - an ad for the Fitness Company Challenge.

Yes! This was what I needed.

I entered my name and the very next day I received a text message from my trainer introducing himself and inviting me to come in for an evaluation.

I was impressed at how thorough the evaluation process was, and how my trainer was able to figure out any aches or pains that I had, before moving forward with a workout. I observed how well everyone got along, and how all the clients seemed happy.

I knew that I had found a fitness home.

Today I am amazed at the weights I can lift and the fact that I love lifting heavy weights. This, from a girl who was intimidated by weight machines and didn't know a deadlift from a chest fly.

I struggled with my nutrition for the first couple of years at The Fitness Company, but gained so much knowledge from my trainer and even other clients that I finally found what works for me.

I am now having success with Intermittent Fasting and couldn't be happier.
The Fitness Company feels like a family.

Not only are the trainers encouraging and positive, but so are the other clients. Nobody cares what you are wearing, what your hair looks like, or whether or not you can do a pull up.

It is a safe haven to come to and sweat, learn, and leave with a feeling of accomplishment!

Fan for life...can you tell?

MARY 56 YRS OLD



I have been active my entire life, from high school sports to a walking/jogging routine through my mid years.

As I noticed the health decline of my aging mother, She was not able to do simple things such as pick up a coffee pot to pour her own coffee. I truly believe her rapid decline in health was due to a lack of movement and strength. **In the end, her lack of balance and a fall claimed her life.**

At this same time, I started to have back aches when I would walk or stand for longer periods of time, and I started to notice my posture was getting worse and my balance was poor. I was often falling on the trail when hiking, and some falls would end in hitting my face on the trail, which was scary.

I decided I wanted to explore working out in a gym to get stronger. **But I did not want the hard core “get in shape fast” type gym.** I just wanted to improve my overall body strength and reduce the strain I was putting on my back.

I knew one of the trainers at The Fitness Company and had observed him working with older ladies at another gym before Fitness Company opened.

I admired how well he worked with each individual encouraging them and creating a routine that fit their needs. So I signed up right when they opened. **It has been the best move of my life.**

I never realized just how many muscles are involved in our daily movements. And how we can actually control which ones engage for which activities. And how important core strength is to overall body health.

I knew I was using my back muscles too much when lifting, but I did not know how to engage other muscles, leg and core, to take the burden off my back. FitCo has taught me that ... and **it is amazing how much better my back is.**

I know how to use my core now when trekking which has improved my balance and reduced my overall strain on my back when carrying a heavy backpack. I often trip when on the trail now, but have the balance and core strength to keep from falling into the dirt, especially face first.

I have not fallen in years.

I can be hiking on a 15 mile trek, and getting tired toward the end, and notice my back starting to kick in ... and I now know how to reengage my core to take the burden off my back muscles.

As an aging woman, I am in the best condition I have probably ever been in my entire life.

I cannot imagine not coming to FitCo anymore. The expertise of the trainers is incredible.

The different routine my trainer creates for each session is invaluable. My trainer has taught me how to use my different muscle groups, something I would never have accomplished on my own.

He has taught me to quickly recognize when I am defaulting to my back muscles and how to quickly readjust.

I am strong, healthy, and feel great and I owe it all to FitCo and my trainer!!!



NANCY 50 YRS OLD

Due to a series of unfortunate events in spring of 2015, my world changed.... I found myself unable to have full use of either of my arms or hands. I had numbness and weakness on my left side.

FitCo was recommended to me by a Physical Therapist.

I was just hoping to get some quality of life back. I was nervous walking in that first time...what was someone like me doing walking into a gym? A friend of mine went with me.

We started with an evaluation and then jumped right into a small group. Every workout was different for each one of us.

Each exercise was modified for each limitation and strength.

As the years have passed I have gotten stronger, my balance is almost as good as new, and the numbness is gone.

I still have certain exercises modified for me.

My quality of life has come back to me, and during this journey I have made lifelong friends.

My trainer, a wonderful young man who greets each of his clients with a smile, and with a detailed workout tailored for them. During our workouts he is constantly checking form and making sure we are staying balanced.

I am so grateful to my trainer and FitCo for helping me get back my quality of life.

Forever in debt FitCo for Life.



NATE 41 YRS OLD



(I came to FitCo) on a recommendation from a friend and running coach.....

She was impressed with FitCo's approach to functional movement and improving core strength as it related to some nagging pains I'd been having while training for a marathon.

The results?

I turned 41 recently and know that I am in better shape than I was during my 20's.

Those backaches are gone and my weight fluctuations have greatly decreased. I want to keep my body functioning well for decades to come, and I believe this type of training will help.

I'm quite introverted, and the direct personal attention from my trainer was initially uncomfortable to me.

But everyone at FitCo quickly put me at ease, and I soon realized the benefit of tailored workouts that could only come from getting intimate with a trainer.


The other thing was the stark lack of equipment at FitCo. I first thought there was no way I'd get a good workout in a large, empty room with only a couple ceiling straps and kettlebells.

I was wrong!

All I can say is, "Trust the process."

The personal attention and baby steps toward progress will really pay dividends. Don't expect an overnight fitness change.

Doing it the right way takes time.





ROB 48 YRS OLD

I came because a friend came, and I needed to find a place to fix sleep issues and the pain caused from my dentistry work.

I was taking ibuprofen daily and tons of ice nightly to relieve enough pain to sleep. So when the opportunity came to join my friend, I jumped on it.

I had memberships before but didn't take advantage of them because of my busy family life and work life, so I just wasn't motivated.

FitCo was extremely good with scheduling convenience.

I wasn't an easy client since I had this annoying pain for years, but we eventually got things dialed in. I have never felt better.

All I can say is, "trust" and keep coming!

I started to see positive steps and had to realize it's not a quick fix to undo years of pain and bad posture.

It is now a part of my routine makes work and home more enjoyable and I have a lot more energy.

On my OR days I would usually need a nap, but now I can go straight to golf after or take some free time to myself....

Now I'm super motivated to continue the progress...

These days, I notice how others move and want to avoid "feeling old"!!!

My words of advice?

Don't be afraid to get better! The knowledge of the trainers at FitCo is great, and their ability to understand me as a person motivates me to keep going.

I know we are more than a transaction...I get personalized attention...They won't let us hurt ourselves...

Also, the education the trainers pass along to clients is fantastic!

They have 5 core values in their facility...I can tell they stick to them no matter the situation or client...even if it's not what we think we want, they will educate us why it's correct.

They do what's best for us even if we don't like it.

They collaborate as a team regarding each client to make certain the program is best fit for us. There always seems to be multiple eyes on us...which is great!

JOHN 36 YRS OLD



I grew up playing sports year-round until I was about 18, and then didn't exercise much throughout college and grad school.

I started a career and a family, and after a few years I realized I didn't like how I looked or my low energy levels.

I've never really watched what I ate, and I've never been overweight, but I knew I needed to do something because I'm not getting any younger.

My wife and I both work full-time and we have two kids under age six, so our biggest challenge is making the time.

We each go to FitCo twice a week from 6am-7am, on alternating days, and we've been able to make that work. When one of us gets back from the gym, the other has gotten the kids out of bed and gotten them dressed for school.

It's not easy, but we're making it work and we're not about to give up our workouts because we're both happier with how we look and feel.

At first, my wife had to talk me into it! I had been doing some things at home to get in better shape and wasn't really sticking with it.

She had been going to The Fitness Company twice a week for a few months, and had positive things to say about the people and the vibe, so I figured it was worth a shot. **I didn't think I would stick with it, but I have.**

Fast forward to today and I'm in better shape, physically, now than I was when I started about 6 months ago, probably in the best shape I've been in since college!

Now that I'm in a rhythm with my workouts, I'm starting to watch my diet more, because I don't want to see the progress slip away. (I still need to put my phone down earlier at night and get more sleep, which are goals for the next few months.)

I love the results I'm seeing and feeling after 6 months, which shows me that the process is working and makes me excited to think about how I'll look and feel in another 6 months.

I have a good rapport with my trainer, and I like that the instruction isn't in-your-face. Some people might like that, but not me.

Now that I'm here and seeing the results, there's no way I'm leaving anytime soon! If ever!

I am strong, healthy, and feel great and I owe it all to FitCo and my trainer!!!



JUDY 67 YRS OLD

Well, I came to FitCo because I went to see another trainer and it just wasn't working out. I had been working out before, but I started to become unhappy at my prior place. A few people recommended The Fitness Company, so I decided to give it a shot.

I feel like the workouts are really functionally based, and so it definitely has helped me to feel stronger in order to keep up my lifestyle. I've gained a ton of confidence to get stronger without the fear of injury.

One thing...I recently had my bone density tested and from four years ago, I've actually increased my bone density in my lumbar spine, which I'm sure is part of the workouts and the weight bearing that I've been doing. So that was really great to hear.

Overall, I just feel a lot better and in my daily life, I just feel better.

I suppose I could technically workout at home, but I wouldn't ... if I did things at home, I know I'm not going to do the level of intensity that I do at the gym.

I'm not going to push myself as much as when I go to the gym. The combination of having the trainer and having the comradery makes a really big difference.

I think it's like anything else. It becomes a habit, and now that it is a habit, I definitely don't want to break it. I feel like it's going to be one of my ways to enjoy this phase of my life ...to live my life to the greatest extent possible.

I meet a lot of people my age who don't work out and it becomes a huge difference, between people who stay fit and people who don't as you get older.

I think the fact that it's completely customized to each person, and questions are encouraged, and answers are given that are complete. They really help you understand why you're going to be doing different things and how it's going to benefit you.

I love the attention to detail of the workouts; they have the ability to address all possible issues and can change things as we go if I am not feeling up to it. It's not a gym where everybody's walking around puffing up their chest and all of that.

There's every body type in there, and everybody encourages everyone else, so it makes it more fun and more motivating.

It's great to see someone - especially some of the older clients - working on their fitness level, because anyone can improve, anyone. It doesn't matter where they start.

The whole idea is to start from where you are, and you can see results in the way you feel at least, and your balance, all these things that are so important as you get older.

For example, I've got scoliosis and probably if I hadn't been working out, I would be in a fair degree of pain. The more you don't do, the more you don't want to do, and then the more you can't do.

I don't ever want to get there. I can see the temptation to just sit around and but that's not what I want.

I want to have an active life and if you can be active physically, then you can also achieve other goals. You can be out in the world, and you can go places and learn things, but if you don't have your physical mobility, everything's going to get constrained.

BERT 46 YRS OLD



I'm a runner. The reason why I run is because it's easy. I mean, I can just walk out my door and go. I don't have to rely on anybody else to do that. It's easy to fit into my schedule, but running, it wasn't doing enough for me.

I had an incident actually, where I was shoveling snow.

I got through shoveling my driveway and my back bothered me a little bit. So, I started thinking that maybe I needed to get into a little bit more strength training and working with my core. I knew ultimately it would help me with my running, too.

I decided it was time to take matters into my own hands, so I sought out FitCo. I just walked in and asked some questions and started going. I instantly liked it. It felt comfortable to me.

I knew it would be a different challenge for me...something that I had never done before. What made it real easy was that FitCo was able to work with my schedule and figure out a time based on how I wanted to challenge myself and how I wanted to improve. They figured out a time, scheduling-wise, to work with me. My whole point is that it is as easy as running, for me.

The main reason I keep coming back is easiness. For me, it's a motivator, because I know that there's somebody there who is going to hold me accountable. Also, it's something that I don't need to take the time to look into if I'm doing it the right way and whether I'm doing the exercises that I want to improve myself and to basically challenge myself.

My trainer takes care of all of that for me. I mean he figures out the routine. I tell him what I want to do and where I want to be, and he figures out the things to help me get there. Plus when you go there, there are people who you see on a consistent basis.

Those other faces I see every time I train are going to hold me accountable. We are all in the same boat, just wanting to continuously get better so having other around you makes it more fun.

Here's what I tell other people. It's personalized, and how everything is set up, and you will do things to get that you probably never thought you'd ever be doing to where you want to be.

I'm in my mid 40's, and I'm going to a place and doing pull-ups. I mean, to be honest with you, I haven't done a pull-up, probably since I was in high school. So, the cool thing about it is, I get to go home and with my daughter who does gymnastics, I get to tell her how many pull-ups I did, compared to how many she did in a day.

What I would tell anybody is that it's just easy. I mean, all you have to do is show up, get there, it's all taken care of for you.

And of course, the motivation factor is there, too. That inspiration to get to work hard and to challenge yourself even more to get to where you want to be.

I really want to thank you guys, too.

It's been great.

I enjoy it.

I feel better because of it.



SAMMY 29 YRS OLD

If I'm being completely honest, working out has never been something that I've looked forward to. I've never felt that "runners high" and I'm pretty sure my body lacks those endorphins that I'm supposed to feel once a workout is completed.

Fitness, health and wellness have been constant struggles throughout my adult life.

I specifically put my health to the side during my separation and divorce several years ago. Comfort food seemed to be the glue holding me together during this stressful time.

Between the eating and drinking, stress and newly prescribed anxiety medications, I ended up gaining almost fifty pounds in a relatively short period of time and felt absolutely terrible about myself.

Through all of this, even if they didn't know the gory details of my personal life, the trainers and other members at The Fitness Company have been a continuous source of motivation, inspiration and friendship.

The gym has grown to be way more than just a room full of weights, ropes and sleds - FitCo really has become a community for me.

Something I've always loved about FitCo is that the trainers meet you where you are in your journey and work with you to not only hit but to surpass your health-related goals.

They're clearly interested in you and making sure you accomplish whatever brings you in their doors.

Each workout is tailored for you, your body and what you're hoping to achieve long term, which is drastically different from any other diet, gym or program I've done in the past - and believe me, I've tried more than I'd like to admit.

The accountability that you get when working one on one with a FitCo trainer really is unmatched.

With consistent hard work, I'm happy to say that I've lost almost twenty-five pounds and my mental health has improved dramatically, as well.

I feel like myself again and I've realized that with the expertise of these trainers, reaching my goals is absolutely achievable if I put in the work.

My health journey hasn't always been pretty and I'm still continuously improving, but I can easily say that I wouldn't be where I am today without The Fitness Company.



SHANNON 46 YRS OLD



So about three years ago, I was going to a gym and doing their fitness classes and every once in a while I'd go and do a treadmill or something like that. But I wasn't consistent and I didn't feel like I was making any real progress. And I'd never lost the weight from my last kiddo which has been five years prior. So I still felt like I was just kind of blah. And I saw the Facebook ad and I decided that yeah, you know, I could give it a try because I like the idea that it was personalized. In the past, anytime I would go to a class I felt like I would hurt myself more than I helped myself because I was trying to do exactly what the instructor was doing. Even if they said you should modify it if you need to.

Well, I didn't know how to modify it. And so I would just do whatever it was that they were doing and I would always end up feeling sore but not in a positive way. More like I pulled muscle kind of way. And so it just wasn't working for me. So I decided to give this a shot.

I like that FitCo actually did a fitness test, a screen of me so that they could see where I was and I have to tell you I thought it was a lot further along than I now know I was. At that time I was like yeah I'm doing pretty good. And I think that was one of the real positives too is that I didn't feel like I was like in the worst shape ever. They never made me feel like I was in the worst shape ever, so that gave me confidence even though it may have been misfounded. It was still confidence to continue and to move forward.

I have little to no internal motivation to exercise. I always feel better when I exercise but I don't have a desire to get up and exercise. And I can tell myself a million times that I'm going to go to the hotel gym and then I always find a reason not to. And so what I really like about continuing here is that I feel like I have an obligation to them to show up. And then once I get here I feel great. And so it just keeps me going. And then it makes me feel a little less awful about myself when I am in a hotel room and I haven't gone to the gym. So it just helps me know that yes you are getting exercise, you are trying and that the exercise will be waiting for me when I get back home.

For me I know that my body shape has changed, even though I haven't changed my weight even an iota. I have been able to maintain my weight for the last few years which is I think pretty impressive right now given the amount of travel and just poor eating habits overall that I tend to sink back into pretty quickly. But I've maintained my weight and my body shape is just different. And I'm strong. And so I know I'm strong now. I'm strong in terms of picking things up. I'm strong in terms of being able to hoist things. I just know that, and I don't get tired in the same way. I get tired because of stress. I get tired because of a lot of things. But it's not because my body is physically tired.

And now when I'm sore it's because either I haven't rolled or because I've worked out and it's actually relaxed my muscles. So it's never that pain that I had before where it was like a pull. It was more like okay good. My muscles are doing what they're supposed to again.

I would say that FitCo. is the best because you start where you start and you get to be around lots of other people in the gym who are starting where they are. And you can see people who have progressed. You can see people who are starting maybe even further back than what you did. But they're all working towards their individual goals and no one feels, at least I've never felt like someone's better than me or worse than me. It's just that we're all on different paths and that we're doing everything we individually can to get there. And because everyone here, both the clients and the instructors, are encouraging, I just feel like it's very comfortable; that you have people who are going to joke with you about things, that you have people that you end up working out with on a regular basis just because of your schedules that you get to know. So it's more of a social outing in some respects.

But then also everybody's trying and I like that. I really do like that all the instructors here are very friendly. That I never feel like anyone's like looking down on me. I also like that there's not much in the way of I don't have to wear the same clothes as everybody else. I don't have to go buy a cute little outfit to wear. I can work out in what I already own. I feel like I don't have to present myself to others, I am extremely comfortable there, it's just about me working on myself.

CONCLUSION

Fitness doesn't have to be complicated.

It can be very straightforward...as long as you have a few key pieces in place. There are some places that would have you believe your health is worth \$10 per month.

We disagree.

If you truly want to feel better, move better, and have more energy - having a team in your corner is generally required.

As you have read, the "team" here at The Fitness Company goes beyond the staff, it includes people just like you...on the same journey.

We would like to play our part in pointing the way for your journey.

Come in and discover that you are not alone, and certainly don't have to reinvent the wheel.

If you'd like to experience a new way of achieving your goals; one that inspires the stories and results you've just read, please let us know.

The power is in the community you surround yourself with...

When you're ready, there are three ways we can get started.

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1. Go check out our website www.fitcomo.com
2. Email us info@fitcomo.com
3. [Facebook - The Fitness Company](#)

